

Human Nutrition, Diet, and Health

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Human Nutrition, Diet, and Health

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
701	Nutrient Composition of Food	20%	20%		
702	Requirements and Function of Nutrients and Other Factors	20%	20%		
703	Nutrition Education and Behavior	20%	20%		
704	Nutrition and Hunger in the Population	10%	10%		
723	Hazards to Human Health and Safety	10%	10%		
724	Healthy Lifestyle	10%	10%		
805	Community Institutions, Health, and Social Services	10%	10%		
	Total	100%	100%		

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	92.3	12.0	0.0	0.0
Actual	24.6	3.2	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 477137	1890 Extension 191698	Hatch 0	Evans-Allen 0
1862 Matching 587282	1890 Matching 191698	1862 Matching 0	1890 Matching 0
1862 All Other 1775123	1890 All Other 337656	1862 All Other 0	1890 All Other 0

V(D). Planned Program (Activity)

1. Brief description of the Activity

The primary activities in this ETP21H - Metropolitan Health, Nutrition and Wellness - U&NNTP

Hand Washing

3900 students and young adults participated in 40 hand washing demonstrations presented at school programs, health fairs, and health conference exhibits. The demonstrations utilized an interactive mobile hand washing unit called Germ City. As a result of traveling through Germ City, more than 65% of the participants improved their hand washing techniques.

Walking and Exercise Groups

365 older adults participated in low-impact exercises and nutrition education programs to improve their health, including mobility, flexibility, strength, and endurance while relieving stress and anxiety. 20 groups were formed statewide and walked and exercised for 6-10 weeks. 95% of participants who walked or stepped improved their mobility, strength, weight, blood pressure, and their intake of medication.

Health, Nutrition and Wellness Groups

1400 teens and youth learned how to eat and exercise for better health. They attended 35 interactive classes on nutrition, health and controlling or preventing chronic diseases such as obesity, diabetes, hypertension, heart disease, stroke, and cancer. In addition, physical inactivity, exercise and the benefits of exercise were included. Dancing was the primary exercise of choice.

Health Conferences

Nearly 800 women attended forums, conferences, and workshops on diabetes, hypertension, heart disease, cancer, obesity in women, avoiding strokes, consequences of physical inactivity, the benefits of physical exercise, healthy eating, and cooking healthy foods. Participants gained hands-on knowledge and skills, and received a health information kit to maintain their health.

Relay for Life Support

As part of its fundraising efforts, the American Cancer Society (ACS) offers the Relay for Life walk-a-thon to support the prevention, early detection, and treatment of cancer. Extension's Metro Knights Team has participated in the fundraiser for 4 straight years. While doubling participants, the team nearly doubled the amount of donations collected from \$1,500 in 2006 to \$2,660 in 2007, which earned the team recognition as a Bronze Team.

BET GIRLS SUMMER CAMP

Alabama Extension collaborated with Black Entertainment Television (BET) and the BET Foundation (BETF) to sponsor a summer health camp for girls to teach them how to lose weight, build self-esteem, prepare nutritional meals, practice portion control, eat healthier, and increase physical activity. As a result of the weeklong camp, 107 girls lost 354 lbs total with an average weight loss of 3.65 lbs. each.

Media and Health Fairs

Alabama Extension partnered with the University of Alabama-Birmingham's School of Public Health and radio station WHMA 1390 to bring "Body Love" (a radio soap) to its listening audience. Weekly topics include glucose monitoring, weight management, symptoms of diabetes, regular doctor visits, healthy eating, physical activity level and the consequences of unregulated diabetes. Also, through community outreach, 16,090 brochures, pamphlets, educational kits on current health, nutrition and wellness issues have been disseminated to the target audiences, as well as 17,000 diabetes newsletters.

2. Brief description of the target audience

The primary target audience is the general public.

V(E). Planned Program (Outputs)**1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	160000	340000	50000	100000
2007	14940	233040	6830	0

2. Number of Patent Applications Submitted (Standard Research Output)**Patent Applications Submitted****Year Target****Plan:** 0

2007: 0

Patents listed**3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs**Output Target****Output #1****Output Measure**

- ? This program area will include numerous output activities and methods as part of the Extension Team Projects (ETPs) which are described/explained in the prior "outcome activities and methods sections." The success of many of these outcomes will be formally evaluated/measured by using individual activity evaluation forms designed specifically for each activity, the success of other activities and methods will be measured by the level of participation in the activity. In the target boxes below for each year, we are indicating the number of individual activities within the ETPs for this program area that will be formally evaluated using an evaluation instrument designed specifically for that activity.

Year	Target	Actual
2007	10	0

Output #2**Output Measure**

- ? ETP 21H Metropolitan Health, Nutrition and Wellness Hand washing - 40 demonstrations Walking and Exercise Groups - 20 groups from 6-10 weeks Health Nutrition and Wellness - 35 interactive classes Health Conferences - 10 Relay for Life Walk-a-Thon - Metro Knights Team participated for 4 years and raised \$2,660 (doubled participants and funds) BET Girls Camp - 107 girls lost 354 lbs. in a week Media and Health Fairs - 25 30-minute segments on health radio program Dissemination of Information - 35,000 pieces of literature

Year	Target	Actual
2007	{No Data Entered}	0

V(G). State Defined Outcomes

O No.	Outcome Name
1	<p>Each ACES employee is required to provide a success story on the program activity which they felt best demonstrates the impacts of their work. These success stories contain the following elements: Why: Explain the reason the program was done, or the situation or problem that the program addressed What: Specifically what was done and how it was done. When: If this was a one-time event, the date it occurred. If it is was a series of events, or an on-going program, when it began. Where: Specific location-- the county or counties involved. Who and how many: The "who" includes both who did the program and who were the clients of the program, as well as how many people were served. So what: This is the part that gives the real meaning to "success". The basic question to be answered in this part is "what difference did this program make". The difference may be measured in terms of dollars, or in changes in habits, lifestyles or attitudes. Whenever possible use numbers to show the effect of the program. If it is not possible to use numbers, provide a qualitative measurement like client comments or another type of testimonial about the program. Since this program area is very broad in scope and contains multiple Extension Team Projects which have different outcomes measures, the impacts for this program area are best measured in the number and quality of the success stories generated by the individuals who work on these projects. Therefore, one very significant outcome measure is the number of success stories generated.</p>
2	Major outcome measures in Human Nutrition, Diet, and Health will be the decrease in diseases which are directly related to nutrition, and the decrease in the percent of obese adults and children. The yearly targets below are percentage decreases in diseases.
3	ETP 21H Metropolitan Health, Nutrition and Wellness
4	ETP 21H Metropolitan Health, Nutrition and Wellness Held 40 hand washing demonstrations; conducted 20 groups for older adults for 6-10 weeks; 35 interactive classes for 1400 youth and teens on nutrition, health, and exercise; and a seminar for 65 senior companions on nutrition and food preparation; disseminated information on chronic diseases; and 10 major health conferences, forums, and workshops for 800 women on chronic diseases, exercise, and health eating.

Outcome #1**1. Outcome**

Each ACES employee is required to provide a success story on the program activity which they felt best demonstrates the impacts of their work. These success stories contain the following elements: Why: Explain the reason the program was done, or the situation or problem that the program addressed What: Specifically what was done and how it was done. When: If this was a one-time event, the date it occurred. If it is was a series of events, or an on-going program, when it began. Where: Specific location-- the county or counties involved. Who and how many: The "who" includes both who did the program and who were the clients of the program, as well as how many people were served. So what: This is the part that gives the real meaning to "success". The basic question to be answered in this part is "what difference did this program make". The difference may be measured in terms of dollars, or in changes in habits, lifestyles or attitudes. Whenever possible use numbers to show the effect of the program. If it is not possible to use numbers, provide a qualitative measurement like client comments or another type of testimonial about the program. Since this program area is very broad in scope and contains multiple Extension Team Projects which have different outcomes measures, the impacts for this program area are best measured in the number and quality of the success stories generated by the individuals who work on these projects. Therefore, one very significant outcome measure is the number of success stories generated.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	9	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
702	Requirements and Function of Nutrients and Other Food Components
805	Community Institutions, Health, and Social Services
723	Hazards to Human Health and Safety
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle

Outcome #2**1. Outcome**

Major outcome measures in Human Nutrition, Diet, and Health will be the decrease in diseases which are directly related to nutrition, and the decrease in the percent of obese adults and children. The yearly targets below are percentage decreases in diseases.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	5	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
805	Community Institutions, Health, and Social Services
701	Nutrient Composition of Food
724	Healthy Lifestyle

Outcome #3

1. Outcome

ETP 21H Metropolitan Health, Nutrition and Wellness

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Proper hand washing is the best defense against spreading germs and causing infectious diseases. Nutrition education and exercise reduce the incidences of chronic diseases, including youth by 25%. As chronic diseases increase the quality of life decreases and health care costs increase by billions of dollars. American Cancer Society fundraising efforts lessen fears and provide inspiration to those affected by cancer.

What has been done

To improve health and wellness among participants in ETP 21H Metropolitan Health, Nutrition and Wellness, 40 hand washing demonstrations, 20 exercise groups for older adults, 35 interactive, nutrition, health and exercise classes, 10 health conferences, summer health camp for obese girls, 25, 30-minute radio program on chronic diseases, and disseminated 35,000 pieces of health literature, and participated in walk-a-thon.

Results

65% of the participants improved their hand washing techniques; 95% of older adults who walked or stepped improved their mobility, strength, weight, blood pressure, and reduced their intake of medication; 1400 youth learned how to properly eat and exercise for better health; 800 women gained hands-on knowledge of good nutrition practices and food preparation; Relay for Life team raised \$2,660, doubling their team members and funds; 99.5% among 107 girls that attended a summer camp lost a total of 354 lbs., while a 3-month follow-up found that 26% continued to lose 1-36 additional lbs.; and 90 diabetic kits were distributed to newly diagnosed diabetics.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #4**1. Outcome**

ETP 21H Metropolitan Health, Nutrition and Wellness Held 40 hand washing demonstrations; conducted 20 groups for older adults for 6-10 weeks; 35 interactive classes for 1400 youth and teens on nutrition, health, and exercise; and a seminar for 65 senior companions on nutrition and food preparation; disseminated information on chronic diseases; and 10 major health conferences, forums, and workshops for 800 women on chronic diseases, exercise, and health eating.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	0

3c. Qualitative Outcome or Impact Statement**Issue (Who cares and Why)**

Proper hand washing is the best defense against spreading germs and causing infectious diseases. Nutrition education and exercise reduce the incidences of chronic diseases, including youth by 25%. As chronic diseases increase the quality of life decreases and health care costs increase by billions of dollars. American Cancer Society fundraising efforts lessen fears and provide inspiration to those affected by cancer.

What has been done

To improve health and wellness among participants in ETP 21H Metropolitan Health, Nutrition and Wellness, 40 hand washing demonstrations, 20 exercise groups for older adults, 35 interactive, nutrition, health and exercise classes, 10 health conferences, summer health camp for obese girls, 25, 30-minute radio program on chronic diseases, and disseminated 35,000 pieces of health literature, and participated in walk-a-thon.

Results

65% of the participants improved their hand washing techniques; 95% of older adults who walked or stepped improved their mobility, strength, weight, blood pressure, and reduced their intake of medication; 1400 youth learned how to properly eat and exercise for better health; 800 women gained hands-on knowledge of good nutrition practices and food preparation; Relay for Life team raised \$2,660, doubling their team members and funds; 99.5% among 107 girls that attended a summer camp lost a total of 354 lbs., while a 3-month follow-up found that 26% continued to lose 1-36 additional lbs.; and 90 diabetic kits were distributed to newly diagnosed diabetics.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
723	Hazards to Human Health and Safety

V(H). Planned Program (External Factors)

External factors which affected outcomes

- ? Economy
- ? Competing Programatic Challenges
- ? Populations changes (immigration,new cultural groupings,etc.)

Brief Explanation

- •Greater agent program involvement statewide would have allowed for a broader outreach
- •Increased literacy- friendly educational resources and transportation accessibility would have allowed for a greater audience participation
- •Due to the increasing diverse Alabama population, expanded educational opportunities are needed to include other ethnic groups

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- ? Before-After (before and after program)
- ? During (during program)
- ? Comparisons between program participants (individuals,group,organizations) and non-participants

Evaluation Results

ETP 21H Metropolitan Health, Nutrition and Wellness

- Improved hand washing techniques among Alabama citizens.
- Improved mobility, strength and blood pressure, and reduce weight and intake of medication.
- Gained knowledge on eating and exercising for better health.
- Raised funds for breast cancer research.
- Reduced risk factors associated with chronic diseases in young girls.

Key Items of Evaluation

ETP 21H Metropolitan Health, Nutrition and Wellness

- About 2,535 of program (Germ City) participants improved their hand washing techniques.
- About 347 older adults who participated in "Walking and Exercise" improved their mobility, strength, weight, blood pressure, and reduced their intake of medication.
- About 1400 teens and youth gained knowledge on healthy eating and exercise.
- Nearly 800 women gained knowledge and skills on diabetes, hypertension, heart disease, cancer, obesity, avoiding strokes, consequences of physical inactivity, benefits of exercise, healthy eating, and cooking healthy foods. The prior information was contained in a health information kit given during the conferences.
- Through American Cancer Society "Relay for Life" program, 26 participants nearly doubled the amount of donations collected from \$1,500 in 2006 to \$2,660 in 2007, which earned the team recognition as a Bronze Team.
- Results from the summer health camp for girls, sponsored by ACES and Black Entertainment Television (BET), showed that 107 girls lost 354 lbs total with an average weight loss of 3.65 lbs. each.